

West Cheshire Endurance Competition 2017

Female Points Table at end of February

		Handicap for Road Running		Number of Races (1pt/race)					Cross Country										Track			Multi Terrain			Road Leagues/series			Distance Pts (any surface; one race at each distance)			Road & Track Performance Pts	"Helpers" Points	Total Points	Points/event	
		At end of 2016	End of Feb 2017	Cross Country	Fell	Multi-terrain & Trail	Park Runs (subject to performance)	Road	Track (3K or longer)	Total Races	L&D (29 Nov)	Manchester (Jan)	North Wales (14 Jan, Feb)	North Staffs ()	Championships (Ches, N Wales, Northern, National)	Cheshire League	Wirral (September - 4 races)	Borders L (Jan)	Ches GP	Relays	Cross Country (N Wales Jan, Feb, Ches.)	Road (BL1-Jan)	Track	25K(15 ml) to 20ml (32K) inc	>20ml to Marathon inc	>Marathon	1	2	3	Road & Track Performance Pts	"Helpers" Points	Total Points	Points/event		
									1 point per event																										
Females																																			
Eleanor	ROBINSON	14.4	14.4	4		1				5		2		2							3											12	2.40		
Lisa	DAVIES	16.3	16.6	2				2		4		1		1			1				2	1										10	2.50		
Anest	MULLER	9.3	9.6	2				2		4		1		1			1				1	1										9	2.25		
Kay	HAYES	21.3	21.7	2				1		3		1		1			1				1	1										8	2.67		
Pamela	ACKROYD	18.7	18.1	1				1		2		1					1				1	1								1		7	3.50		
Anne-Marie	TAIT	20.2	20.2	1				1		2				1			1				1	1										6	3.00		
Angela	TEGG	[24.2]	23.0	1		1		1		3				1																	1		5	1.67	
Sarah	HUGHES	26.4	26.1				2	1		3																					1		4	1.33	
Keely	SMITH	12.7	11.3					2		2																					1		3	1.50	
Clare	MALLON	18.3	18.5					2		2																						2	1.00		
Rosemary	ROGERS	20.4	20.9					1		1																					1		1	1.00	
Totals				13	0	2	2	14	0	31																									

NOTE : Handicap number requires minimum of 3 races in previous 18 months; [xx] = only 1 or 2 races
 Handicap is up-dated after each road race, if necessary.